

## TRAUMA AWARENESS WORKSHOP, June 2014

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team - Katherine, Malcolm, Patrick

Paint – canvas – paper plates – brushes – crayons – ears – flash cards – listening good and bad – magazines or cellophane – laptop - speakers for laptop – Jaws movie ad – SUDs poster – physical release poster – limbo line poles

Paper for painting P – M paint & brushes & paper plates – ears – V – P coloured paper cut in morning – P movie & video player – K physical release poster – P – SUDs poster – balloons? MK or P

### SESSION 1 - *all as one group*

- P 1 Welcome & Introduction to Facilitators
- M 2 Connection (resilience)
- V 3 Agenda
- K 4 Positive Names - last three names
- P 5 Balloon Triangle
- M 6 The Storm - (*together*) = **paint (5 tubes or 2 litre bottles each colour, water colour acrylic), paint brushes, sponges, canvas (J&J),**
- V 7 Lift: Cool Wind Blows
- K 8 R U Listening?? - **boring text (Malcolm bring).**
- P 9 The Listener (popcorn discussion) **Target responses nadine**
- K 10 Reflection
- M 11 U choose!!!!
- V 12 Closing Knee slap

### SESSION 2 - *divide group*

- M 1. Welcome Back!
- divide group* 2. Agenda
- K 3. Connection One word that describes trauma to me is... (*separate*)
- MK 4. Let's Get Physical (*separate*) **jj make poster. 2xflashcards**
- P 5. Circle Game (*separate*)
- V 6. Lift:
- P 7. Reflection & Closing Thumbs

### SESSION 3 (*largely together and in small groups*)

- P 1. Welcome Again!
- K 2. Connection - how trauma impacts me (*together or apart?*)
- V 3. Agenda
- P 4. SUDS - **small room, projection equipment, what format (dvd with computer, SUDS poster. Check trailer usb with computer, macs or pc, our trailer in)**
- M 5. Transforming Power and Keys - (6 groups of five each - in one room) (introduce keys) - **need 6 sets of keys**
- K 6. Cyclonic Sharing - join 2 groups

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Afternoon Break

### SESSION 4

- K 1. Welcome back
- V 2 Agenda
- P 3 Safe Place - *draw individually, share in small groups*
- V 4 Lift
- MK 5. Dial Back
- V 6 Lift
- K 7 Sculpture - (*split into 4 groups*)
- V 8. Reflection
- V 9 Closing - Rainstorm

### SESSION 5

- K 1. Welcome to Day 2  
Welcome Stretch or Wake up the Jungle
- V 2. Agenda
- K 3. Connection My positive name is...A strength I have gained from trauma
- P 4. River of Life Drawing - *individual drawing,*
- M 5. My Story Your Listening - *in triads* (see Three Reflections: Listening Request)
- 6 Reflection
- V 7 Closing XXXXX

### SESSION 6

- M 1. Welcome Again!
- P 2. Connection My special name is... Why trust is important to me.....
- V 3 Agenda
- K 4 Past Present and Future - River of Life (*6 groups?*)
- 5 Reflection
- V 6 Closing: River of Life Song

### SESSION 7

- 1. Welcome Again!
  - 2. Connection: My positive name is..., A time someone else's trauma impacted me .
  - V 3. Agenda
  - P 4. Speak OUT
- Afternoon break

### SESSION 8

- 1. Welcome Again!
- K 2 Connection My positive name is... How I can be of value to my community.....
- V 3 Agenda
- MK 4 Tree of Trust. **Cut out leaves**
- P 5 Special

## **TRAUMA AWARENESS WORKSHOP, June 2014**

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- K
- 6 Ungathering Something I have learnt from this workshop and how I am going to look after my learning
  - 7 Where to From Here
  8. Graduation
  9. Reflection & Closing - Web and/or Snail